
(ATHLETES NAME)

FPYC Cross Country Fall 2016 Running Log



Athletes should update their running log throughout the season. This is for fun and we will collect them at the end of the season.

Everyone who reaches the below listed age-appropriate mileage levels by the end of the season will receive special recognition at the FPYC banquet on November 9th.

The levels are:

AGE	NAME	MINIMUM DISTANCE
8 and Under	"half-marathon"	6.5 total miles
9 through 12	"marathon"	13.1 total miles
13 and Older	"ultra marathon"	25.0 total miles

Feel free to make comments about the week, or about any particular workout or race – uplifting or frustrating. The comments are for you and will not be shared without your permission.

**TURN IN THE RUNNING LOG TO YOUR COACH
NO LATER THAN NOVEMBER 3rd TO ENSURE
RECOGNITION AT THE END OF SEASON
BANQUET**

Week 1

DATE	MILES
September 5	
September 6 <i>Practice</i>	
September 7	
September 8 <i>Practice</i>	
September 9	
September 10	
September 11 <i>Practice</i>	
TOTAL FOR THE WEEK	

Comments: _____

Week 2

DATE	MILES
September 12	
September 13 <i>Practice</i>	
September 14	
September 15 <i>Practice</i>	
September 16	
September 17	
September 18 <i>Practice</i>	
TOTAL FOR THE WEEK	

Comments: _____

Week 3

DATE	MILES
September 19	
September 20 <i>Practice</i>	
September 21	
September 22 <i>Practice</i>	
September 23	
September 24 <i>Pacers DCXC Invite</i>	
September 25	
TOTAL FOR THE WEEK	

Comments: _____

Week 4

DATE	MILES
September 26	
September 27 <i>Practice</i>	
September 28	
September 29 <i>Practice</i>	
September 30	
October 1	
October 2 <i>FPYC Meet</i>	
TOTAL FOR THE WEEK	

Comments: _____

Week 5

DATE	MILES
October 3	
October 4 <i>Practice</i>	
October 5	
October 6 <i>Practice</i>	
October 7	
October 8	
October 9 <i>FPYC Meet</i>	
TOTAL FOR THE WEEK	

Comments: _____

Week 6

DATE	MILES
October 10	
October 11 <i>Practice</i>	
October 12	
October 13 <i>Practice</i>	
October 14	
October 15	
October 16 <i>FPYC Meet</i>	
TOTAL FOR THE WEEK	

Comments: _____

Week 7

DATE	MILES
October 17	
October 18 <i>Practice</i>	
October 19	
October 20 <i>Practice</i>	
October 21	
October 22	
October 23 <i>FPYC Meet</i>	
TOTAL FOR THE WEEK	

Comments: _____

Week 8

DATE	MILES
October 24	
October 25 <i>Practice</i>	
October 26	
October 27 <i>Practice</i>	
October 28	
October 29 <i>NOVA Invitational</i>	
October 30	
TOTAL FOR THE WEEK	

Comments: _____

Week 9

DATE	MILES
October 31	
November 1 <i>Post-Season Practice</i>	
November 2	
November 3 <i>Post-Season Practice</i>	
November 4	
November 5	
November 6 POST-SEASON QUALIFIER	
TOTAL FOR THE WEEK	

Comments: _____

**TURN IN THE RUNNING LOG TO YOUR COACH NO
LATER THAN NOVEMBER 3rd TO ENSURE
RECOGNITION AT THE END OF SEASON BANQUET**